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CANADA DAY

On July 1, join Ottawa - Gatineau Celebrate Canada's birthday!

As Canadians from across the country flock to the Capital to show their national pride. The festivities take place on Parliament Hill, in downtown parks and on the streets. Witness the ceremonies, take in the musical talent from across the country, see the fireworks and much more!!

Parliament Hill draws thousands of Canadians dressed in red and white. The Canada Day festivi-

ties on the Hill run from the morning to night - ceremonial events, shows, activities, fireworks and

Major's Hill Park: Join the fun as we celebrate Canadian culture at Major's Hill Park. The festivities at Major's Hill Park feature a variety of cultural performances, displays and exhibits. You can be both spectator and participant - there are lots of activities to suit everyone.

Canadian Museum of History: Take your kids to the Canadian Museum of History on July 1! You'll find a

variety of activities for families. The Canada Day fun includes outdoor and indoor activities: exhibits, games, performances, inflatable structures, and more!

The Canadian Museum of History is located in Gatineau. A free shuttle bus connects this site to Major's Hill Park, in Ottawa.

Elsewhere in the Capital: All day long, there will be free activities for revelers of all ages at most of the Capital Region's national museums and institutions. Make the most of them!

"HAPPY CANADA DAY"



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FUN IN THE SUN

It's always important to monitor the weather conditions in extreme heat. Here are some tips to keep in mind:

☞ No matter how long you plan on being out, wear sunscreen with an SPF of at least 15.

☞ Take water breaks every 15 minutes when working or playing out-

doors - try to set up a shady or air conditioned recovery area.

☞ Wear a hat and UV-absorbent sunglasses.

☞ Eat small, light meals before outdoor activity.

Listen To Your Body

you should still be on the lookout for overexertion. Symptoms can be heightened in the heat. Stop and take a break

if you experience the following:

☞ Dizziness, Nausea

☞ Sore or painful muscles

☞ Pulse high than recommended exercise pulse for your size and physical condition.

☞ Feeling very hot and sweating profusely.

☞ Low abdominal pain.



RECYCLING IS YOUR RESPONSIBILITY

QUESTION

I live in a small apartment building in Ottawa. There are garbage chutes on each floor, but tenants have to take their recycling to the garbage room or to the green bins outside. I make a couple of trips a day to drop off my recyclables, but some of my neighbours just seem to be throwing everything down the garbage chutes. It seems that they are too lazy to go down a few flights of stairs to take out their recyclables. Is there any way to force the other tenants to recycle?

ANSWER

Landlords are required to ensure that there is reasonable means for tenants to dispose of their residual garbage and recyclables. Tenants are responsible to separate their recyclables from their residual garbage, and to put their waste in the appropriate area.

The Landlord has an obligation to make sure tenants know where to place their recyclables. Your landlord could put up signs in the building reminding everyone to use the

recycling bins and green bins. However, other than opening up disposed garbage bags to try to determine who is failing to recycle, there is little a landlord can do to force tenants from failing to recycle. But there may be ways to increase diversion rates through education.

For buildings with curbside pickup, tenants or homeowners are typically responsible to take their garbage and recyclables to the curb any time after 6:00 p.m. on the evening prior to their collection day or not later than 7:00 a.m. on their collection day. Residual garbage is collected every two weeks. Green bins are collected every week, and recyclables are picked up on alternating weeks (paper in the black box one week, plastics in the blue box the next). To find out their collection day, tenants, landlords or other residents can check at www.Ottawa.ca Select "Residents", then "Garbage and recycling", and then "collection calendar".

Buildings with central garbage rooms provide more convenience for tenants in being able to dispose their garbage and recyclables throughout the week.

But some residents find it difficult to store their recyclables in their unit. Rather than making multiple trips to the garbage room to dispose recyclables, they wrongly throw those items down the garbage chutes.

This past September, in partnership with Progressive Waste Solutions, the City of Ottawa began a program to distribute free recycling Blue Bags to tenants in apartment buildings so they can store and transport recyclables more easily. The Blue Bags is reusable and made from a plasticized material for durability. It can be used to sort and store recyclables until they are taken to the recycling bins for disposal.

Proper use of the green bin and blue and black boxes is everyone's responsibility, and the consequential environmental and financial benefits and burdens are shared by all of Ottawa's residents.

**SOURCE: DICKIE & LYMAN LLP
WHO PRACTICE LANDLORD/
TENANT LAW AND OTHER
AREAS OF LAW**

HOW TO PREVENT FIRE ACCIDENTS

1. **Cigarette Smoking:**
 - > Do not throw cigarette butts anywhere
 - > Strictly follow the NO SMOKING signs
 - > Avoid smoking in bed
2. **Cooking:**
 - > Do not leave cooking pots or pans unattended
 - > Check gas stoves/LPG
3. **Electrical Appliances:**
 - > Do not make a wire "octopus" connection
 - > Unplug all electrical appliances when not in use
 - > Check all electrical installations regularly
4. **Hazardous Materials:**
 - > pipes for leaks
5. **Flammable Liquids/Lighters/Matches:**
 - > Do not store hazardous materials
 - > Maintain proper housekeeping
 - > Keep your children away from these items

BE FIRE SAFETY CONSCIOUS

GRILLING SAFETY TIPS

If you are planning on firing up the grill, it's important to keep some safety tips in mind to prevent accidents and injuries.

The leading cause of grill fires include a failure to clean it

BEFORE BARBECUING

{ Check your grill thoroughly for leaks, cracking or brittleness before using it.

{ Check the tubes leading to the burner regularly for blockages. Check your specific grill manufacturer's instruction.

{ Make sure the grill is at least 10 feet away from your house, garage or trees.

{ Store and use your grill on a large flat surface that cannot burn (i.e. concrete or asphalt).

{ Don't use grills in a garage, on a porch, deck or on top of anything that can catch fire. Never use a pro-

pane barbecue grill on a balcony, terrace or roof; it is both dangerous and illegal.

{ Keep children away from fires and grills. It is a good idea to establish a safety zone around the grill and monitor children to remain outside the zone.

{ Before getting a propane cylinder filled, check for any damages to it.

{ Never transport or store propane cylinders in the trunk of your automobile.

DURING BARBECUING

{ Keep children away from the grill.

{ Don't wear loose clothing that might catch fire.

{ Use long-handled barbecue tools and/or flame-resistant mitts.

{ Never use any flammable liquid other than a barbecue starter fluid to start/freshen a fire.

{ Never pour or squirt starter fluid onto an open flame. The flames can

easily flash back along the fluid's path, too the container in your hands.

{ Keep alcoholic beverages away from the grill; they are flammable.

{ Never leave the grill unattended.

IN CASE OF A BARBECUE FIRE

{ For propane grills - turn off the burners. For charcoal grills - close the grill lid. Disconnect the power to electric grills.

{ For propane grills - if you can safely reach the tank valve, shut it off.

{ If the fire involves the tank, leave it alone, evacuate the area and call the fire department.

{ If there is any type of fire that either threatens your personal safety or endangers property, ALWAYS call the Fire Department.

{ NEVER attempt to extinguish a grease fire with water. It will only cause the flames to flare up. Use an approved portable fire extinguisher.

TOOTHPASTE TIPS

Turn a bathroom basic into an overall household staple! Grab a tube of regular white toothpaste (avoid the types with gel, tartar-control or whitening agents) and let these toothpaste tips put a smile on your face.

{ Bring the sparkle back to your jewelry and silver household items: moisten the metal then gently rub on

some toothpaste with a soft cloth, rinse and dry well.

{ Banish lingering garlic, onion and fish smells from your hands by rubbing your hands with toothpaste and rinsing well.

{ Remove watermarks from wood by making a paste of baking soda and toothpaste, rubbing it into the stain

then rinsing and drying thoroughly. (Test a small, inconspicuous area first!)

{ Use toothpaste and a damp cloth to remove crayon marks from painted walls.

{ Dull, foggy headlights on your car? Clear them up with toothpaste!

Shorten Your Shower Time: A 15 minute shower uses more than 300 litres of water. Cut your shower time in half and save up to 300 bathtubs of water a year.

Go Low-Flow: A low-flow showerhead will reduce your water use by at least 25 percent. A family of four could save more than a average swimming pool full of water a year.

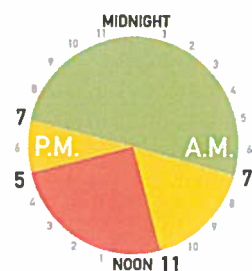
Only Wash Full Loads Of Laundry: The average family could save 2,000 litres of water a month. For more water-saving tips, visit [Go Blue](#).

Ontario Electricity Time-of-Use Price Period
May 1, 2016

Summer Weekdays
May 1st to October 31st

Weekends & Holidays
Holiday Schedules

Weekdays
(May 1-Oct 31)



Weekends & Holidays
Holiday Schedules



Off-Peak: 8.7 cents/kWh On-Peak: 18.0 cents/kWh

REPORT AN OUTAGE

To report a power outage and for information on current outages, please call the 24/7 outage line at 613-738-0188.

Hydro Ottawa relies on customer calls to help pinpoint the cause of an outage and ultimately shorten their response time and the duration of the outage. There are times when they are unaware of outages until helpful customers notify them.

RECIPE OF THE MONTH

Spinach & Bacon Salad in Mason Jar

For the salad

- 4 cups baby spinach leaves
- 1 red onion, diced
- 8 slices bacon, cooked & coarsely chopped
- 4 hard-boiled eggs, chopped
- 2 cups sliced mushrooms
- 4 (quart-size) mason jars

For the dressing

- 1/2 cup mayonnaise
- 2 tbsp sugar
- 2 tbsp vinegar
- 1 tsp salt

Whisk together dressing ingredients in a small bowl or measuring cup until completely combined.

Place a few tablespoons of dressing at the bottom of each jar.

Divide remaining ingredients among the jars, layering in the following order: red onion, egg, mushroom, bacon, spinach. Twist on the top to seal your salads and refrigerate until ready to serve.

Serves 4

BASIC SUMMER HEAT SAFETY TIPS

Everyone should follow these basic heat safety tips in order to avoid the dangers of heat exposure. Keep these suggestions in mind:

⌘ During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon.

⌘ Dress lightly, and when sleeping, use lightweight, breathable covers.

⌘ Drink plenty of water and other fluids.

⌘ Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high, as they can lead to dehydration.

⌘ Keep blinds and curtains closed from morning until the late afternoon to block extra direct heat from sunlight.

⌘ Move your exercise routine to early morning or later in the evening.

⌘ Never leave a person or a pet in a car in hot conditions while you run to do a quick errand. People and ani-

mals can succumb to heat exposure and death very quickly in a hot car. Cars can become overheated quickly and when overheated become like ovens. It's never safe.

⌘ Properly supervise children during outdoor play, being sure to monitor them closely and frequently.

⌘ Seek medical care right away if you become nauseous, start vomiting or experience cramps.

⌘ Stay on the lowest level of your home.

⌘ Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.

⌘ Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen to a minimum.

⌘ Verify that seat belts and car seat restraints are not too hot before buckling yourself or anyone else into a car.